



# RSVP News



RSVP – Responding to a Call to Serve  
Montgomery County Volunteer Center

Winter 2007

## FROM THE PROJECT DIRECTOR

*Dear RSVP Volunteer:*

*Welcome to 2007!*

*Of course with the New Year come those resolutions about how we will eat healthier, get more exercise, and lose a few pounds. It is all about being healthy. Of course, as RSVP volunteers, you are doing one of the best things you can to improve your health—volunteering! More and more studies find that older adults who volunteer experience improvements in their own mental and physical health. A study out of the University of Michigan found health benefits to seniors from less than an hour a week of volunteering. This study is significant because it is one of the first that showed that people live longer **because they volunteer**, rather than that people volunteer because they're healthier and hence more likely to live longer. So, kudos to you all for being so proactive in taking such good care of yourselves!*

*I am looking forward to a very exciting year. As you all know, Montgomery County has a new County Executive and I am anxious for him to learn about all of the wonderful work RSVP Volunteers do. County Executive Leggett has been a guest at past RSVP Volunteer Recognition events when he served on the County Council, so our program is not new to him, but we continue to grow and reach out to the community in a variety of ways and I know that he will be impressed with the outstanding contribution you all make.*

*Thank you for all of the wonderful work that you do and have a safe, healthy and happy new year!*

*Sincerely,*

*Ann*

*Ann Evans  
RSVP Project Director*

## TAXES CAN BE SO TAXING ...

RSVP, in collaboration with AARP and IRS, provides free tax counseling to seniors and other county citizens who have low-to-moderate income and uncomplicated returns. RSVP volunteers staff the scheduling office starting January 29, 2007.



## **More volunteer schedulers are still needed!**

Training: Thursday, January 25, 2007, 1:30 pm at the Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton. Please contact Jean Alexander at 301-588-1686 or gjean26@aol.com

## **BE A LONG TERM CARE OMBUDSMAN!**

Are you a citizen advocate ready to expand your challenges in the New Year?

Montgomery County's Long Term Care Ombudsman program is seeking volunteers to work as long term care advocates, making regular visits to residents in nursing homes at convenient locations throughout Montgomery County. This program allows *flexible daytime hours* and autonomy in developing problem-solving strategies. Training and technical assistance are provided by experienced professionals. The intensive training program for volunteer candidates is a comprehensive orientation to the aging process, nursing home systems, applicable laws and advocacy skills. The session begins the week of February 5<sup>th</sup> from 9:00 am – 3:00 pm daily at Holiday Park Senior Center in Wheaton. Class size is limited; pre-registration is required. Please contact Eileen Bennett at 240-777-1067 or Eileen.Bennett@montgomerycountymd.gov

## **HURRAH FOR RING HOUSE KNITTERS!**

They contributed 700 6" x 9" rectangles made into 14 handmade afghans for wounded soldiers at Walter Reed Medical Center through *The Handmade Afghans to Thank our Armed Forces Project*. Thanks to **Rose Ibson** and her knitters!

### OMBUDSMAN COLUMN RECEIVES FIRST PLACE PUBLISHING AWARD

*The Beacon* received a variety of first and second prizes in the 2006 North American Mature Publishers Association competition. Most notably, the paper took first prize in the Senior Issues category for the "Ask the Ombudsman" column, the result of a collaborative effort between ombudsman programs in Montgomery County, MD, Northern Virginia, and the District of Columbia. The column was recognized for its authoritative style of providing responses to questions about long-term care written by expert ombudsmen.

### OASIS MOVING TO A NEW HOME

OASIS is a national non-profit educational organization free and open to anyone age 50 and older designed to enhance the quality of life for mature adults through programs in the arts, wellness, technology and volunteer service.

The news about OASIS is that both the Friendship Heights and Lake Forest Centers, currently housed in Lord & Taylor, will be moving in early spring to Macy's Home Store in Montgomery Mall as a combined Montgomery Center in March 2007. For tutoring information during the transition, please call Kay Meek at home at 301-588-5416.

By the way, congratulations to the RSVP volunteers who have served 5 years as OASIS tutors: **Ellen Collier, Robin Schreiber, Aileen Chabot, Lillian Goldberg, Norma Hanna, Peter Gray, and Burton Taylor.**

### BE A COMPUTER TUTOR!

Volunteer at Davis Library, 6400 Democracy Blvd, Bethesda, any day Tuesday through Saturday, preferably morning 10:00 am – 11:30 am. Work one-on-one with the public (primarily seniors) wishing to learn computer basics, i.e. using the mouse, sending email, using the web-based library catalog and Internet, etc. Each "lesson" will last ½ hour and is very informal. This is a great opportunity to help seniors who are most anxious (and most appreciative!) to learn just the basics -- for *free!* -- without committing to a months-long course.

contact: Jan McHenry, Adult Services Librarian  
phone: 240-777-0919  
email: jan.mchenry@montgomerycountymd.gov

### COMMISSION FOR WOMEN NEEDS YOU!

The Montgomery County Commission for Women Counseling and Career Center is currently looking for volunteers to work with the agency as *information and referral specialists* and as *office assistants*. Volunteers must be able to commit at least four hours to the Center each week. The office is open Monday-Friday and open late until 9:00 pm on Tuesdays and Wednesdays.

contact: Leah Goldfine  
phone: 240-777-8349  
email: [Leah.Goldfine@montgomerycountymd.gov](mailto:Leah.Goldfine@montgomerycountymd.gov)



### BUILDING BONE BUILDERS

Congratulations are in order for RSVP volunteers who successfully kicked-off two *Bone Builders* exercise classes in November. **Janet Cosby, Marian Fryer, Carolyn Gregory, Georgia Martin, and Gloria Pasternak** were trained by **Ginny Gilbert** and are now leading classes designed to increase bone density through balance and weight training exercises. By partnering with the senior programs offered at the Takoma Park Community Center and the East County Community Center, these volunteers are improving the health of over 25 senior adults—at no charge!

There are more programs on the horizon. The People's Community Baptist Church (Silver Spring), the Chinese American Senior Services Association (Wheaton), and the Germantown Community Center are also hoping to offer *Bone Builders* classes.

Volunteers commit to leading twice a week for one year. They work in pairs when they lead classes and often benefit from improvements in their own health and well-being. For more information, please contact Kathleen Meaney Stobie at 240-777-2611.

**FREE INCOME TAX PREPARATION  
OFFERED BY TRAINED VOLUNTEERS  
AT SITES THROUGHOUT THE COUNTY**

**For Middle and Low-Income  
Montgomery County Citizens**

**Call for an appointment**

**301-468-4179 beginning January 30<sup>th</sup>**

**9:00 am - 3:00 pm**

**Monday – Friday**

## GROWS NEEDS VOLUNTEERS

The Grass Roots Organization for the Well-Being of Seniors (GROWS), needs your help: *secretarial support* -- working on computer, handling correspondence, revising forms, etc.

*computer skills* -- help with networking, trouble shooting, maintenance computers, updating website, etc.

There is no minimum time requirement for volunteers. GROWS is in Potomac although computer gurus may be able to work from home.

contact: Phyllis Elperin, Executive Director  
11215 Seven Locks Rd  
Potomac, MD 20854

office: 301-765-3325

email: [grows@growsmc.org](mailto:grows@growsmc.org)

website: [www.growsmc.org](http://www.growsmc.org)

## SPEAKING OUT FOR HABITAT

Habitat for Humanity of Montgomery County, MD, Inc., established in 1982, is a non-profit ministry dedicated to eliminating substandard housing in the Montgomery County

Habitat is developing a new Speakers Bureau and is looking for volunteers to speak about the organization at various community functions. Volunteers will be asked to do 1-2 presentations per month. Training will be provided at Habitat offices at 9110 Gaither Road, Gaithersburg.

contact: Jessica Reid, Volunteer Coordinator  
phone: 301-990-0014 x18  
email: [Jessica.Reid@habitat-mc.org](mailto:Jessica.Reid@habitat-mc.org)  
website: <http://www.habitat-mc.org>

## HERE COMES THE BRIDE ...

Bridal non-profit located in North Bethesda just behind Bolling Brook Parkway near White Flint seeks pairs of volunteers to staff bridal store on rotating Sundays from noon to 4. No money or other consideration exchanged. All meetings by appointment only. Fun work helping brides have the wedding they can't otherwise afford.

contact: Susan Jamison  
phone: 301-916-3151  
website: [www.stanthonybridal.com](http://www.stanthonybridal.com)

## From the RSVP Coordinator

What is old enough? I got a call from a recently retired 53 year-old woman who wanted to join RSVP. She was upset when I told her she wasn't old enough ... but promised to send her an application on her 55<sup>th</sup> birthday! Happy ending, though – she connected with *Interages* and is now a wonderful "Grandreader" (minimum age is 50 there for volunteer tutors).

Wow! There are a lot of "We Need You's" in this issue. I know you are already busy with your volunteer commitment or commitments (many of you have several different volunteer jobs). So if your volunteer plate is already full (and we thank you for that!), perhaps you can tell a friend or neighbor about the opportunities listed here and introduce them to the many joys of volunteering.

It was great seeing so many of you at our RSVP Volunteer Recognition brunch in November! It was a trek for some of you but everyone raved about being at BlackRock Center for the Arts.

Thanks to all of you who have welcomed me to the wonderful world of RSVP as I settle in here. I have lots more places to go and people to meet in the New Year. I love my job!

*Kathleen*

Kathleen Meaney Stobie  
RSVP Coordinator

**RSVP News** is published quarterly. If you have news to share or ideas for articles, contact me!

To conserve paper resources, we need your assistance. If you are receiving this issue by US Mail and have an email address, please email [kathleen.stobie@montgomerycountymd.gov](mailto:kathleen.stobie@montgomerycountymd.gov) and we will email future issues of **RSVP News** to you. The trees thank you!

**NEW!** Thanks to the wise suggestion of an RSVP'er, we will not send the newsletter as an attachment since folks are wary of opening them these days. So we will send an email with a link; this newsletter is now on the County website!

Kathleen Meaney Stobie  
phone: 240-777-2611  
fax: 240-777-2601  
email:  
[kathleen.stobie@montgomerycountymd.gov](mailto:kathleen.stobie@montgomerycountymd.gov)



Montgomery County Volunteer Center  
Retired and Senior Volunteer Program (RSVP)  
401 Hungerford Drive, 1<sup>st</sup> Floor  
Rockville, Maryland 20850

***RSVP News is now on the Montgomery County website!***

**<http://www.montgomerycountymd.gov/mcgtmpl.asp?url=/Content/Volunteer/RSVP.asp>**

Coming in the next issue ...

- RSVP Volunteer Stats from 2006
- Quarterly Quotable Quotes

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### **MINDFUL MEDITATION FOR EVERYBODY**

When you think of meditation do you imagine candles and incense? Do you suppose you must chant and repeat mantras and be very still for long periods of time? Those elements MAY be part of a meditation practice – but are not necessary to develop a practice of daily mindful meditation. When you apply mindfulness to your daily activities like gardening, brushing your teeth, or eating your morning bowl of cereal, your life becomes a moving meditation. And with just a little practice, you'll find yourself able to become calmer and more focused – fully awake in the moment. It is said that those who are truly awake, live in a state of amazement!

Let's begin with the one-step walking meditation. This is done walking very slowly, one-step at a time. Each time you take a step forward, mentally say "one" and as the opposite foot comes forward, say "step." Without judging or evaluating, take in all that's happening at the moment both in your body and all around you. Smell the air; be aware of the temperature; be completely present in the moment. Begin practicing for several minutes and work up to 20 minutes of walking meditation.

The second meditation is about mindfulness of breath. Count each in-and-out breath as one, continue until you reach ten. Begin again, and again. Random thoughts drift into the background when focusing on breathing and counting. Breathing meditation can be practiced sitting in a straight chair, both feet on the floor, with a long spine and relaxed arms. At first, practice for several minutes at a time and gradually increase the time spent in mindful breathing meditation.

Calm your mind at bedtime. Mindfully prepare for bed, lie down and practice breathing meditation – happily drifting off into sleep, avoiding those random and sometimes troublesome thoughts that pop up at bedtime. Become one with your bed – in the moment! Feel the warmth of your pajamas and the softness of the pillow – and sleep comes peacefully.

Be mindful, because this moment will pass and if you're somewhere else, you will not have lived it. Be amazed!

Kathleen Maroney, CMT  
Yoga Teacher & Massage Therapist  
Sunflower Bodyworks, Inc.  
[www.sunflowerbodyworks.com](http://www.sunflowerbodyworks.com)